Radiogram No. 3413u   Form 24 for 05.01.02 (VC-3)

Visiting Expedition Ops

GMT	Crew	Activity
05:50–06:00	VC CDR	Morning inspection
06:00–06:20	VC CDR	BIOTEST: metabolic adaptation in weightlessness
06:00–06:10	VC FE1, VC SFP	Morning inspection
06:10–06:25	VC SFP	Post-sleep
06:10–06:40	VC FE1	
06:20–06:25	VC CDR	PLASMA CRYSTAL-3: turbo pump activation
06:25–06:40	VC CDR, VC SFP	CCE: saliva sample collection
06:40–07:05	VC FE1	BREAKFAST
06:40–07:00	VC CDR, VC SFP	
07:00–07:10	VC CDR, VC SFP	Prep for TV coverage
07:05–07:15	VC FE1	Photo/video ops: Italian territory
07:10–07:30	VC CDR, VC SFP	TV report for the South African media (CNN)
07:15–07:30	VC FE1	BREAKFAST
07:30–08:00	VC CDR, VC FE1	Prep for work
07:30–07:35	VC SFP	CCE: metabolic log entry: food and fluids intake
07:35–08:00		Prep for work
08:00–08:10	VC FE1	Daily planning conference *(S-band)*
08:00–08:15	VC CDR, VC SFP	
08:10–09:15	VC FE1	CHIRO: monitoring impairment of muscle function in weightlessness
08:20–08:30	VC CDR	Prep for TV coverage
08:30–08:45	VC CDR	CHIRO: video recording 2
08:35–08:45	VC SFP	Prep for TV coverage
08:45–09:00	VC CDR, VC SFP	TV report for the South African media
09:05–09:15	VC SFP	D1X still camera: battery charge
09:15–09:45		E-mail ops *(Ku-band)*
09:20–09:40	VC CDR, VC FE1	BMI: preparatory ops
09:40–09:45	VC CDR, VC FE1	BMI: recording of demonstration video
09:45–11:30	VC CDR, VC SFP	CCE: bungee test/veloergometer-3 test
10:10	VC FE1	BMI: blood pressure reading (start)
10:40		BMI: blood pressure reading
10:40–11:10		E-mail ops *(Ku-band)*
11:10		BMI: blood pressure reading
11:30–11:35	VC CDR	CCE: bungee test/veloergometer-3 test: concluding ops

Time	Crew	Activity
11:30–12:05	VC SFP	
11:35–12:30	VC CDR	PLASMA CRYSTAL-3: payload setup
11:40	VC FE1	BMI: blood pressure reading
11:55–12:05		Photo/video ops: Italian territory
12:10		BMI: blood pressure reading
12:30–13:00	VC CDR	PLASMA CRYSTAL-3: experiment ops
12:30–12:45	VC SFP	Private IP-telephone conference *(Ku-band)*
12:40	VC FE1	BMI: blood pressure reading
12:50–13:10	VC SFP	Photo/video ops for South Africa
13:10	VC FE1	BMI: blood pressure reading
13:10–13:25	VC SFP	Prep for ham radio contact with a US operator / ham radio pass
13:25–13:35		Photo/video ops for South Africa
13:35–14:05		PLANKTON LENS-C: validation of natural resource monitoring technique
13:35–14:35	VC CDR	LUNCH
13:40	VC FE1	BMI: blood pressure reading
13:40–14:40		LUNCH
14:05–14:45	VC SFP	
14:10	VC FE1	BMI: blood pressure reading
14:35–15:05	VC CDR	PLASMA CRYSTAL-3: concluding ops
14:40	VC FE1	BMI: blood pressure reading
14:45–14:50	VC SFP	CCE: metabolic log entry: food and fluids intake
14:50–15:20	VC SFP	PLANKTON LENS-? : study of oceanic bioproductivity (plankton production)
15:05–16:05	VC CDR	PLASMA CRYSTAL-3: transferring data from HDD / camcorder stow
15:10	VC FE1	BMI: blood pressure reading
15:20–15:35	VC SFP	Prep for ham radio contact with a South African operator / ham radio pass
15:40	VC FE1	BMI: blood pressure reading
16:10–16:35	VC FE1	Photo/video ops for Italy
16:05–16:15	VC CDR	
16:10	VC FE1	BMI: blood pressure reading
16:15–18:15	VC CDR, VC SFP	EDUCATION-SA: educational program for grade school students: *Effects of Weightlessness*
16:40	VC FE1	BMI: blood pressure reading
16:50–17:05		ALTEINO: AST spectrometer ops / PCMCIA card swap
17:10		BMI: blood pressure reading
17:40		
17:40–17:55		BMI: concluding ops
18:15–18:30		Daily planning conference *(S-band)*
18:30–18:45	VC SFP	Private family conference *(S-band)*
18:45–19:00		Daily plan review
19:00–19:30		Prep for work

19:30–20:00		DINNER
20:00–20:05	VC SFP	CCE: metabolic log entry: food and fluids intake
20:00–20:30	VC FE1	Daily food prep
20:00–20:10	VC CDR	VC-3 camcorder battery charge (DVCAM or DSR PD-150P)
20:05–20:30	VC SFP	Daily food prep
20:10–20:30	VC CDR	
20:30–21:10	VC FE1	Pre-sleep
20:30–21:15	VC CDR	
20:30–21:30	VC SFP	
21:10–21:30	VC FE1	VEST: destow and don experimental garments
21:15–21:20	VC CDR	PLASMA CRYSTAL-3: turbo pump deactivation
21:20–21:30		VEST: photo ops
21:30–05:55	VC CDR, VC FE1	SLEEP
21:30–06:00	VC SFP	

Notes: See OSTP for references to US activities

End of radiogram